

Table 4.9: Shoulder Rotation^{1,2}

Range of Motion ³	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate ⁴ (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Right shoulder, external rotation (%)							
Fully able	71.7	76.2	70.4	61.9	80.0	73.0	50.6
Partially able	25.6	21.4	27.1	33.5	19.8	25.0	39.2
Unable	2.8	2.4	2.6	4.6	0.2	2.0	10.3
Left shoulder, external rotation (%)							
Fully able	71.2	75.7	70.6	59.8	78.8	73.3	49.5
Partially able	25.1	20.9	25.2	37.5	20.2	25.3	35.1
Unable	3.7	3.5	4.2	2.7	1.0	1.4	15.4
Right shoulder, internal rotation (%)							
Fully able	96.1	95.7	96.2	97.0	98.4	97.4	87.6
Partially able	2.3	2.6	2.4	0.9	0.3	2.0	6.9
Unable	1.7	1.7	1.5	2.2	1.2	0.6	5.5
Left shoulder, internal rotation (%)							
Fully able	96.1	96.1	95.8	96.9	98.8	97.2	87.6
Partially able	1.7	1.4	2.4	0.8	0.0	2.4	3.3
Unable	2.2	2.5	1.8	2.4	1.2	0.4	9.1

(Women's Health and Aging Study, physical assessment, 1992-1995)

¹ All variables have less than 1% missing data. Results are based on non-missing data.

² Descriptive statistics are based on weighted data.

³ Categories for each item may not add up to 100% due to rounding.

⁴ No ADL difficulty; disabled in two or more domains (see Chapter 1).